

Science Hill High School Band

Carson Vermillion & Dan McGuire - Directors

1509 John Exum Parkway
Johnson City, TN 37604

Phone (423) 232-2193

June 2, 2015

Dear Topper Band Members,

Welcome to the 2015 edition of the 'Topper Marching Band. We have an exciting show in store for our fans this fall. Our show, ***A Day in the Life***, is based upon big city life in New York. The music includes **Rhapsody in Blue** (Late for Work), **Jug Blues and Fat Pickin'** (The Grind), **Empire State of Mind** (Going Home) and **Straight Up** (Nightlife). What a great line-up! It should be amazing visually and musically!

This letter contains most of the information you will need for band camp. Other information will be placed on the band website – www.shhsbandboosers.org – including forms and a calendar for the fall. Please read over the following items:

- Band Camp Schedule
- Expectations for camp
- Band Camp Survival Guide
- Fall Marching Band schedule: All rehearsals / performances
- T-shirt order form (*pre-order shirts for family members will only be taken at band camp registration – Sunday, July 19, 2-5 pm*)

The band office will be open daily after June 15th. You can contact either of us through our e-mail addresses below and we will respond to you in a timely fashion. If you have any conflicts with camp that may jeopardize your participation please contact us ASAP.

Here's to a great fall,

Dr. Carson Vermillion
Director of Bands
vermillionc@jcschools.org

Dan McGuire
Associate Director of Bands
mcguired@jcschools.org

Band Camp Dates:

June 15-19 – Rookie Camp and Colorguard Camp, 9 am – 4 pm daily (**must bring lunch, cannot leave campus**)

July 6 – Leadership Seminar – 9 am to 5 pm, **for all Juniors and Seniors**

July 16 – 21 - Full Band Mini Camps

- July 16 – 28
 - July 16-17, 9-5
 - July 18, 9-1 (Saturday)
 - July 20-21, 9-5

July 22-28 – Full Band Camps

- July 22-24, 9-9
- July 25, 9-1 (Saturday)
- July 27-28, 9-9

July 29 – Uniform fitting (Drop in at SHHS band room)

July 30, 6-9 (evening rehearsal)

August 4 – First day of school (half day), rehearsal 1-4 pm

Band Camp Registration

July 19 (Sunday), 2-5 pm, Bandroom

Students will drop-in for registration in the bandroom. During this time students will take care of any paperwork including:

balance of camp fee (\$75/\$125)

pick up band t-shirt (free for students)

order parent t-shirts (form attached)

turn in completed field trip release form

pay instrument rental fee (\$50)

receive band locker

order accessories (see prices below)

purchase lyre/flip folders (if needed)

Prices for accessories (estimates):

Shoes - \$34.00

Gloves - \$3.00 (will need a white and black pair – suggest buying 2 of each)

Poncho - \$7.00 (required if you have not purchased one in past)

Garment Bag - \$14.00 (optional, but highly recommended for travel)

Roll Bag - \$11.00 (optional)

Sport Bag - \$24.00 (optional)

July 21-25 – Full Band Camp, 9 am – 9 pm daily

Daily Schedule:

9 am – depart from bandroom in marching block to practice field – fundamentals and drill in the morning

12 pm – march back to bandroom for lunch (you must provide your own lunch, **you cannot leave campus**)

1 pm -3:15 pm - Music Sectionals

3:30 pm – 5 pm - Full band rehearsal

5 pm – Dinner in cafeteria, provided by SHHS Band Boosters - **you cannot leave campus**

6 pm -8:45 pm - Evening marching rehearsals at practice field

9:00 pm – arrive back at band room

Friday, August 14 – Show Preview Night, 6 pm. The Boosters will hold

On the First day of school (Tuesday, August 4th), we will have an extended rehearsal **until 4 PM**. The first day is only a half day, but we will rehearse after school dismisses. Do not make any plans or appointments after school on this day. We will learn the pre-game drill for the season during this rehearsal.

Camp Expectations:

All students are required to attend camp the entire day. Please do not schedule appointments during band camp or on regular after school rehearsal days (Tuesdays & Thursdays) during the school year. There are no after school rehearsals on Mondays and Wednesdays; they are open each week for appointments.

Things you need for camp:

- hat
- sunscreen (you will get sunburned without)
- flip folder and lyre, reeds
- pencil
- **three ringed binder with ten (10) clear protective sheets that will hold your show music, coordinate sheet, and drill book**
- athletic shoes with socks (no flip flops, crocks, boots, etc.)
- personal water jug – Camelbacks works great! **We do not supply water during practice**
- eat a good breakfast
- lunch (please no carbonated drinks)

Guidelines for camp:

- Be on time each morning
- No visitors during the day
- You cannot leave campus or hang out in the parking lot
- Respect others including the staff and your fellow students
- Have your instrument in good playing condition
- Follow directions **the first time**
- The SHHS student handbook will be followed for all band activities.

Band Camp Survival Guide

Band camp is a very exciting aspect of marching band. Subject to both horror stories and the occasional comedy, many new students express some fear regarding band camp and what it entails. Following is a summary of some of the most frequently asked questions and things that you can do to prepare for band camp.

Things I can do during the summer:

1. Acclimate to heat before camp begins:

Many students spend the majority of their summer in air conditioned spaces. It is very important that their bodies acclimate to heat before they get to camp. This has a dramatic impact on how comfortable they are during those long days in the sun.

Things you can do:

- GO OUTSIDE
- Ride in the car with the windows down and no a/c.
- GO OUTSIDE
- Mow your grass during the hottest part of the day.
- Seriously....turn off the Xbox/PC and GO OUTSIDE.

2. Exercise

While many people are not sure what to do to really help themselves “get in shape,” the simple act of going outside and running or walking on a regular basis can help a student prepare for the rigors of band camp. As someone that was once a soccer player/coach, I can attest to the fact that some people do not consider marching band to be a physical activity. However, some preparation beforehand can have a tremendous impact on your student’s success and comfort in this activity that is indeed very physical, especially during the long hours at band camp.

If anyone is interested in specific things that they can do to prepare, please feel free to email Mr. McGuire at mcguired@jcschools.org.

3. **Exercise immediately after waking up**

One of the most difficult things to get used to during camp is how physical one must be early in the day. One thing that can help is waking up during the summer, regardless of the time, and going for a jog immediately. This can help the body acclimate to being physical quickly after waking up, something that is necessary during camp.

4. **Finish Summer Work**

Many students enroll in classes that require summer work. It is extremely important that any and all summer work be completed before camp begins. Students will not have any time at all during the two weeks of band camp to complete these assignments, and the week following they will very likely be exhausted.

5. **Wean off of sodas**

While the vast majority of people in our society drink soda every day, it has been proven that it has a negative impact on individual health when ingested on a regular basis. The main negative side effect of soda for our purposes, whether regular or diet, is this: dehydration.

If your student drinks sodas on a regular day-to-day basis, we would strongly recommend that they attempt to lower their consumption going into camp. The process of weaning off of soda shares similar withdrawal symptoms with many other addictive substances. Getting that process out of the way before camp can make things much more enjoyable for your student.

Things I can do during Band Camp

1. **Eating**

- a. Breakfast: This is by far the most important meal of the day. **Even if your student is not a person that typically eats breakfast, they must eat breakfast every day of band camp.** The type of food that they eat is quite important. Here are some general rules:
 - Do not eat/drink any dairy for breakfast! Your student will throw up during morning block.
 - A good breakfast has two main components: Protein and Carbs. Both are equally important. I prefer turkey bacon, eggs, and a piece of wheat toast in the morning....however you get those things is up to you, just make sure you get both.
 - Having pancakes, muffins, doughnuts, etc. for breakfast will leave a student feeling drained and run down after an hour. Please try to avoid these foods.
- b. Lunch: Something here that isn't too heavy, but still has some good carbs. Try to avoid things like white bread and sodas. Instead use wheat bread and focus on getting complex carbs. Perform a Google search for complex carbs to find a list of things that you might consider.
- c. Dinner: Dinner will be provided for students during the 2nd week of band camp.

2. **What to Drink**

- a. Breakfast: Orange Juice is a great drink in the mornings. Coffee can also be good. Avoid milk at all costs....your student will see that milk again in a very unpleasant way if they drink it.
- b. Lunch and Dinner: Water and Gatorade. Students should drink both. The military requires that all soldiers at boot camp drink water and Gatorade during meal breaks for a reason. The water is needed to replenish what students will sweat out during the day, and the electrolytes in the Gatorade will help give them energy and make them feel better.
- c. What to avoid: Soda. It will dehydrate your student, and the "down" experienced because of the sugar will cause them to feel terrible about an hour into the next rehearsal block.

It cannot be overstated that what a student eats has a direct impact on how they feel. Many times when a student tells us that they want to go home because they don't feel good, it is because they have not eaten appropriately. Please make every effort to ensure that your student eats and drinks well, especially if that is something that they do not normally do.

3. **Sleep**

It is of vital importance that your student sleeps well during band camp. Luckily, most students do not have a problem with this during the 2nd week of camp as they are exhausted when they go home. Students should avoid any type of evening engagements during the 2nd week of camp. Once they go home, they should plan on going to bed quickly.

4. **Waking up in the morning and not wanting to go to Band Camp**

Every year there is at least one student that wakes up in the morning and does not wish to attend camp because they feel sick. Unless that student has a fever over 100.0 degrees, the best thing you can do is get them to camp and push through it. Almost every time those student's bodies are simply unaccustomed to the level of physical activity that they experience at band camp. Their bodies will adjust, but only if they push through. Make sure they get a good meal and have plenty of Gatorade for the day, and let a director know so that we can keep an eye on them.

5. **Sunscreen and Appropriate Clothing**

Band camp happens outside. While we try to shield the majority of students from the worst of the heat, there is no way for us to avoid the sun and what it can do to the body if not properly prepared. All students should have the following:

- Sunscreen (This is not the week to work on your tan)
- A Hat that will cover your face
- A water container (**Not optional**)
- Light colored clothing (Please be aware of the weather...white t-shirts can be a bad idea)
- Good footwear. Must have good ankle support. No sandals!

Even if you have spent most of the summer outside, the heat from the sun can zap your energy and leave you feeling drained. The days are quite long, especially during the 2nd week, so keeping the sun off your face and wearing sunscreen (and reapplying during breaks!) is essential to functioning at 100%.

6. **Blisters**

Given how much we are on the move, blisters are unavoidable. As soon as a blister starts to form, please do not pop it. Instead, put a piece of mole skin on the blister and cover it with duct tape. That should minimize any rubbing and allow the blister to heal. It is really important that students do this as soon as a blister starts to form. If they pop and bleed it can make life miserable.

7. **End of day activities**

At the end of each day, students should make sure they do a good stretch before going to bed. This will help work out any lactic acid that might still be in their muscles from the day's activities and will make them feel better the next day. Also, if anything is particularly sore, applying some ice for 10 minutes can help reduce swelling.

If you have any questions regarding camp, or the expectations for students, please feel free to email us during the summer. While we do not always check our emails regularly, we do make an effort to check them periodically and answer any questions we receive. We are excited to have you join our band family, and we can't wait to see you in July!

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July 30, 6-9 (evening rehearsal)

August 4 – First day of school (half day), rehearsal 1-4 pm

August 28 – Football, Home

September 4 – Football, Away – **We will NOT travel**

September 11 – Football, Home (Homecoming)

September 18 – Football, Home

September 25 – Football, Away

October 2 – Football, Away

October 3 – Marching Contest – Tenn High

October 8 – Evening rehearsal, 6-9 pm (During Fall Break)

October 9 – Day Camp, 9 am – 5 pm (During Fall Break)

October 9 – Football, Home

October 10 – Marching Contest - TBA

October 16 – Football, Home (Senior Night)

October 17 – Marching Contest – WCU

October 23 – Football, Away

October 24 – Hilltopper Invitational

October 30 – Football, Away

November 7 – Marching Contest, UTC

November 6 – State Playoffs, TBA

November 13 – State Playoffs, TBA

November 20 – State Playoffs, TBA

December 5 – JC Christmas Parade, TBA

December 11 – Winter Concert, 7 pm

Weekly Rehearsal Schedule:

Mondays – assigned class (guard/winds, percussion)

Tuesdays – assigned class, **after school rehearsal 3-5:30 pm**

Wednesdays – assigned class

Thursdays – assigned class, **after school rehearsal 3-5:30 pm**

Fridays – assigned class, **after school rehearsal for home games - students will be fed dinner at school**

2015 Band T-Shirt Order Form

Band members will wear these under our band uniforms for all home games and performances.

Students will have one supplied as part of their band camp fee.

Band t-shirt orders for parents will be taken during Band Camp Registration: Sunday, July 19, 2-5 pm in the band room. Please complete the form below and bring (or send with student) to registration. Shirts will be available on for pick up as soon as they arrive back from the printer (TBA).

Parent name _____ Phone number _____

Student name _____

T-shirt sizes: (Adult) S, M, L, XL, XXL, XXXL

Cost: \$15.00 each S-XL, \$16.00 each XX and XXXL

#of shirts

sizes

Total amount

Checks should be made payable to SHHS Band.